

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
BREAKFAST		A selection of wholegrain and low sugar cereals (wheat biscuits, dried fruit and flake mix, porridge and rice crispies) wholemeal toast with low sugar jams, margarine or marmite				
Milk Provision offered by age: 10-11 months – Formula milk (or mother’s own expressed milk), 12mth-2 years whole cow’s milk, 2yrs +plus semi skimmed milk (alternative milks offered goat’s milk or soya milk)						
MORNING SNACK	Food	(O) Rusk biscuits, apple & pear puree with Greek style yogurt Main ingredients: cow’s milk , apple, pear, sugar, wheat flour. (G, DA)	(O) Sliced banana & apple rice cakes Main ingredients: banana, apple juice concentrate, whole grain brown and white rice. (G)	(O) Sliced mango & finger biscuits Main ingredients: mango, wheat flour , sugar, barley. (G)	(O) Sliced melon & apple rice cakes Main ingredients: Melon, apple juice concentrate, whole grain brown and white rice (G)	(O) Pear & raspberry puree with natural yoghurt Main ingredients: pear, raspberry, cow’s milk. (DA)
		Sliced apple and rich tea biscuits Main ingredients: apple, barley , sugar, wheat flour. (G)	Bananas and whole wheat crackers with cheddar cheese cubes Main ingredients: Banana, wheat flour, wheatgerm, bran, cow’s milk, cheddar cheese. (G, DA)	Sliced orange, breadsticks and hummus dip Main ingredients: Banana, wheat flour, wheatgerm, bran, cow’s milk, chick peas, tahini, sesame seeds, lemon, garlic. (G, SY, DA, SE, LU)	Triple melon platter and rice cakes with garlic & herb cream cheese Main ingredients: Melon, whole grain brown rice, cow’s milk, soft cheese, garlic, basil and parsley. (G, DA)	Sliced Apple, cheese biscuits broad bean and asparagus dip Main ingredients: apple, wheat, cow’s milk, barley, cheese powder, chickpeas, broad beans, asparagus, tahini, sesame seeds, lemon, mint, garlic. (G, SY, DA, SE, LU)
	Drink	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
LUNCH	Food	Beef or vegetable ragu with baked potatoes and green beans Main ingredients: lean mined beef (5%), Quorn mince (vegetarian option), tomatoes, onions, garlic, butternut squash, carrots, potatoes, green beans. (E) Banana cake and fresh fruit platter Main ingredients: banana, eggs, flour, butter, sugar, Fresh fruit: apples (G, E, DA)	Cod in a creamy saffron sauce with lemon rice and petit pois Main ingredients: cod, carrots, leeks, courgettes, onions, cream, lemon, saffron, basmati rice, peas. (G, F, DA, LU) Fruit yogurts and fresh fruit platter Main ingredients: apricot, strawberry, raspberry puree, cow’s milk, sugar. Fresh fruit: pineapple, melon, banana, orange. (DA)	Chicken or Vegetable stir fry with broccoli and egg noodles Main ingredients: Chicken breasts (meat option), carrots, peas, sweetcorn, sweet potato, courgettes, onions, garlic, wheat, egg, five spice, broccoli. (G, E, LU) Rice pudding or fresh fruit Main ingredients: cow’s milk, rice, sugar. Fresh fruit: apple, pear (G, DA)	Cheese and broccoli pasta bake with carrots and cauliflower Main ingredients: wholemeal pasta, cow’s milk, vegetable margarine, cheddar cheese, carrots and cauliflower. (G, DA,) Fresh fruit platter Main ingredients: Apple, pear, orange, kiwi, strawberries	Fresh Basil pesto pasta with steamed carrots, broccoli and garlic bread Main ingredients: basil, olive oil, garlic puree, wholemeal pasta, cheddar cheese, carrots, broccoli, garlic and parsley, butter, wheat. (G, DA) Fruit Jelly Terrine or Fresh fruit platter Main ingredients: syrup, pork gelatine, strawberries, raspberries, apple, pear. (G)
	Drink	Water	Water	Water	Water	Water
	SNACK	Food	Carrot batons and whole-wheat crackers Main ingredients: bananas, wheat flour, wheat germ, bran, cow’s milk, bananas (G, DA)	Sliced apple and rice cakes Main ingredients: apple, whole grain brown and white rice. (G)	Kiwi slices and rich tea biscuits Main ingredients: barley, sugar, wheat flour, kiwis. (G)	Orange slices and breadsticks Main ingredients: Orange, wheat flour, wheatgerm, bran, cow’s milk. (G, DA)
Drink		Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
HIGH TEA		Food	Vegetable quiche with sliced cucumber and Orange Main ingredients: cow’s milk, spinach, sweet potato, cream cheese, egg, cream, whole-wheat flour, butter, cucumber, orange. (G, DA, E, SY, LU)	Breadsticks with salmon pate, cottage cheese, sliced tomatoes and pepper Main ingredients: wheat flour, wheatgerm, bran, cow’s milk, smoked salmon, soft cheese, cottage cheese, egg, crème fraiche, tomatoes, pepper. (G, DA, E, F)	Tea cakes and crumpets with butter raspberry jam, carrot batons and sliced watermelon Main ingredients: wheat, sultanas, raisins, currants, sugar, soya flour, lemon juice, cow’s milk, raspberries, carrots, watermelon. (G, SY, DA)	Sandwich platter with ham, gouda and edam cheeses and hummus with carrot batons and sliced apple Main ingredients: pork, cow’s milk, chick peas, tahini, sesame seeds, lemon, garlic. Carrots, apples. (G, SY, LU, SE, DA)
	Drink	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
	WATER	Water is freely available throughout the day				
(O) ORANGE GROUP	The weekly menu is adapted to meet the needs of our youngest children. Food will be mashed, chopped, cut into bite size pieces or sliced and consumption carefully supervised					
ALLERGIES	Children with allergies and/ or food intolerances are provided with a tailored version of the regular menu to suit their individual needs. Please follow our allergen coding key which identifies the 14 known allergens. KEY: GLUTEN - G ALL SHELL FISH – SF EGG – E FISH -F TREE NUTS – N PEANUTS – PN SOYA – SY DAIRY – DA CELERY – CE MUSTARD – MU SESAME – SE SULPHITES – SU LUPIN – LU					
DIETARY REQUEST	Where a child has a dietary request such as ‘no pork’ or other meat, they will be offered vegetarian options at every meal					